



Georgia-Pacific SPRINGBOARD NEWSLETTER

February 2008



FROM THE DESK OF G-P'S PEER OUTREACH WORKERS

If you are still unsure of what you are going to do, thinking of retiring, or actively looking for employment, make sure you meet with Erika Smith at WorkSource to fill out a Waiver Form.

This PRESERVES your right to Trade Act in case you later decide training is in the cards for you or you need additional benefits if your regular unemployment benefits run out.

Again, if you do not meet with Erika and fill out a waiver, you may lose your rights to benefits in the future. The deadline to fill out a waiver form and get it registered is April 21, 2008.

Enclosed is the February WorkSource calendar. These classes help us to prepare for our future. There has been very good feedback from former employees that have taken the Interviewing Techniques and the Effective Resumes and Cover Letter classes. Take advantage of your tax dollars being spent and use this opportunity to better your skills for the future.

In addition to the above mentioned classes the Re-Employment Orientation, Skills and Abilities Analysis, Job Search Strategies, and Perfecting Applications can all be used as Unemployment Insurance job searches for the week that you attend (each class can only be used once as a job search).

Peer Outreach
Juan Garcia – (360) 752-6713
Loni Wiebe – (360) 676-7216

Health Care Tax Credit Information Sessions

Will be held at WorkSource:

February 27th 1:30-3pm

February 29th 12:30-2pm

Bring your IRS HCTC packet with you!

HEALTH CARE TAX CREDIT (HCTC)

Each of you should have received an Individual Trade Act Determination in the mail from Employment Security.

For those that attended the Trade Act informational meetings, you filled out this individual determination and it has been processed. If you were unable to make it to the informational meetings, complete the Individual Determination Application and send it or fax it to the number provided at the bottom of the application.

Once these have been processed you will receive a certificate in the mail. **THIS IS YOUR INDIVIDUAL DETERMINATION.**

Your individual determination is then forwarded to the IRS which prompts them to send a HCTC packet to you. **IMPORTANT: Do not lose your HCTC packet!** There is an application in this packet that can not be reproduced.

Two informational meetings are scheduled to cover HCTC benefits, they will be held at WorkSource in Room #1:
Wednesday, Feb. 27th 1:30-3pm
Friday, Feb. 29th 12:30-2pm

If you received your HCTC packet prior to the meeting make sure you bring it with you, we will help you to fill out the application.

INDIVIDUAL TRAINING PROPOSAL FOR TRADE ACT

Need help with your "training proposal"? Great news! Erika Smith is making herself available every Wednesday from 3:00-4:30 at WorkSource in the

With Sympathy:

Mike Smith's passing is a loss to all who knew him as a loyal friend, co-worker, and great golfer.

From all of his friends and co-workers at G-P, we offer our condolences to Mike's family.

computer lab (Room 4) for former G-P workers only, who need assistance with their Trade Act Training Proposal and Training Benefits application.

Computers and internet access are available to access web sites required for your proposals. Computers are first come first serve. No appointment necessary.

This is strictly for assistance with your Trade Act Training Proposals and Training Benefits applications. Friday Drop-in sessions will continue from 2:00-4:00pm and will address any other Trade Act questions.

TRAINING BENEFITS

As we enter February, deadlines loom near. If you are considering training, fill out a Training Benefits application. Training Benefits provide extra weeks of unemployment benefits to those in a full-time, approved training program after regular Unemployment Insurance and Trade Readjustment Allowances have run out.

You must apply for training benefits within 60 days from your layoff date and be enrolled in or on a waiting list for training within 90 days of receiving your Unemployment Insurance Claims Kit in the mail.

Please contact Erika Smith at (360) 676-3238 if you have questions about the Training Benefits program or need assistance completing your application.

February 21st is the application deadline - Late applications are not accepted.

EMPLOYMENT OPPORTUNITIES

Information on local job fairs and position openings is available on www.Go2Worksource.com.

G-P's Wauna, Oregon Mill is hiring **Journey Level Craftspeople**. You may apply at WorkSource-**Whatcom**. Job #[WA1741780](#).

Apprentice-Hydro Electrician #2926

Puget Sound Energy, the largest energy utility in Washington, is seeking applicants to fill multiple Apprentice positions in the Energy Production Department. View position details and apply online at www.pse.com.

Contact Juan Garcia or Loni Wiebe for information on other employment opportunities available.

RE-TRAINING TESTIMONIAL

To my fellow employees from Georgia Pacific, congratulations on getting extended benefits from the Trade Act. Many of you now have a chance to get the training you deserve.

The staff at Bellingham Technical College has done a great job in assisting me in furthering my education. I have been in the Instrumentation Technology program for one year and a half. I have found this to be an enlightening experience.

I am scheduled to finish my degree in 2008. BTC has provided me with the skill set I need to obtain employment in this field. We have had several recruiters meet with our class to discuss possible job opportunities within their companies, such as: BP, Shell, Conoco Phillips, BPA, and more.

I encourage you to take full advantage of this opportunity. Best of luck to everyone...

Mike Kruzich

To find out about BTC programs:
Online: www.btc.ctc.edu
Or call: (360) 752-8450

See your WorkSource Counselor for Trade Act funding options or job search assistance.



RETURNING TO THE CLASSROOM AS AN ADULT LEARNER

Making the decision to go back to school is a big deal. You can make the transition easier by preparing ahead of time with these tips:

Update Your Technical Knowledge.

If it's been awhile since you've been in a classroom, you may find that you need to brush up on your technological skills. Many professors now expect you to E-mail your work instead of turning in traditional typed papers. Most colleges offer free training seminars for adult learners who need to gain confidence in essential technological skills. Look into your college's Student Technology Center to access the learning opportunities available to you.

Know Yourself.

Explore your personality and what you need to be happy. This information is key to making good career decisions.

Take Time to Think.

Chances are you've had little free time or the inclination over the last 20 to 30 years to take stock of your life. To avoid the "I wish I had or had not..." syndrome that happens to so many people, take time now to determine what you want to do with your years ahead.

Seek Professional Help.

You have much to gain from working with a career counselor who is experienced in helping people find the right career.

Deal with the Fear.

Change is never without stress and anxiety. Talk to your spouse, children, friends, relatives and colleagues about the changes you're going through, and seek their assistance and support.

Adapted from "Tips for Adults Going Back to School" by Jennifer Wolfe, About.com 1/30/08

MANAGE JOB-LOSS STRESS

Losing a job can be extremely stressful. Persistent stress can make you moody, tense, overwhelmed, or depressed. Stress can also cause physical symptoms such as headaches, upset stomach, back pain, trouble sleeping, weakened immune system, high blood pressure, and fatigue.

Minimize the emotional and physical impact stress may have on your relationships, performance at school or at work by taking care of yourself. Make sure you're getting enough sleep, maintain a healthy diet, stop smoking, limit alcohol use, get regular exercise, and don't forget to leave time for fun.

Try some of these ideas:

- Prioritize your essential tasks and activities and work from a daily schedule. By staying productive and in control of your activities, you can reduce stress.
- Find better ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not.
- Try out new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change. Learn to say "no."
- Focus on possibilities and accomplishments, not failures.
- Ask for help. People who have a strong network of family and friends manage stress better.

Like any other life changing event, job loss can present an opportunity for growth. Commitment and diligence are required to transform present pain into future positive outcomes.

Adapted from "Coping with Job Loss" by Helene W. King, Ph.D., CEAP, COPE, Inc. 1/30/08

